**Norrthumberland SC Indoor Soccer 2020 – Tips and Strategies**

Thank you for volunteering to coach an indoor team this season. The following document was designed to help coaches instruct and lead a team through game play. The overall goal is to show coaches how indoor soccer should be played, different formations to complement the players on your team and finally to help grow these individuals as players. There of four main reasons why indoor soccer is such a great way to improve a child’s overall soccer ability:

1. **Pace:** if played properly these players should be playing at a very fast pace. This means that they have to react to different situations quickly, be aware where their teammates are and create transitional passing to move towards the oppositions goal.
2. **Touch on Ball:** every player will be touching the ball so frequently and from different perspectives on the field. It is proven that the more a player handles a ball the better their ability to control a pass, turn to space and dribble/pass.
3. **Transition:** The direction of play changes so fast that players must quickly react to an attacking opportunity or to defend after a turnover during play. This creates awareness of where they should be standing or moving to at all times.
4. **Cardio Training:** Each player is playing a shift of time and then be substituted off. Since the play period per shift is between 3-5 minutes while on the pitch a player should be moving at game pace all the time. No standing and watching but constant movement to different spaces for a pass or shot.

Prior to a game coaches should be planning:

* Specific 6 v 6 formation (see below for some great ideas)
* Length of shift change and who is looking after this
* 1-2 main game skills you want to focus on during the game

Since there is no practice prior to the game as soon as your team can get onto the pitch (gym floor or turf), have your team jog around your half of the playing area 2-3 times then line up and do some dynamic stretches (for ideas - <http://hurlstoneparkwanderers.com.au/wp-content/uploads/2017/02/fifa-11-poster.png>)

Then bring your team together to go over game formation and the purpose of the formation so they understand why you want them to play this way.

During the game it is ok to call out to players to remind them of their position, to attack the ball, move as a unit, remind defenders to engage in the play and communicate with each other to ask for a pass, etc.

What we really need to push our players for this year is to be constantly moving and moving to space, calling for the ball and making sure that the team understands that there are no defender and attacker positions. All players when their team has possession of the ball should be pressing up the court and be available for a forward or back pass and to shoot from all positions in your formation. Too many times we observe the 2 players at the back standing still on the half way line totally out of the play. A great analogy is to think of a hockey team – their defensive line is always in the play and will shoot the puck on net with forward players looking for a tip in. Same in indoor soccer – rebounds are how a lot of goals are scored.

Below are some great videos to watch to get some ideas on the game and also some very unique line formations for you to consider.

If you have any questions please contact Ryan Goodall at [ryan@northumberlandsoccer.com](mailto:ryan@northumberlandsoccer.com)

**Good Videos for Indoor Soccer**

<https://www.youtube.com/watch?v=HmLgtJF00Kw>

<https://www.youtube.com/watch?v=Y5IiB4ERQ5M>

<https://www.youtube.com/watch?v=DxV-20hucWM&list=PLLjUauC_wi3lMH3Kr4csHsCusHYJ9N0mn>

**Links to Formations and Strategies for Indoor Soccer**

<http://www.5-a-side.com/tactics/6-a-side-formations/>

<http://lexingtonunited.org/wp-content/uploads/2016/02/6v6-Team-Shape-Considerations.pdf>